DOCUMENT RESUME

ED 478 225 PS 031 359

AUTHOR	Shiller, Viriginia M.; Schneider, Meg F.
TITLE	Rewards for Kids! Ready-to-Use Charts and Activities for Positive Parenting.
INSTITUTION	American Psychological Association, Washington, DC.
ISBN	ISBN-1-59147-006-4
PUB DATE	2003-00-00
NOTE	131p.
AVAILABLE FROM	American Psychological Association, Book Order Department, P.O. Box 92984, Washington, DC 20090-2984 ($19). Tel: 800-374-2721 (Toll Free); Tel: 202-336-5510; Fax: 202-336-5502; Web site: http://www.apa.org.
PUB TYPE	Books (010) -- Guides - Non-Classroom (055)
EDRS PRICE	Document Not Available From EDRS.
DESCRIPTORS	*Behavior Change; Behavior Patterns; Behavior Problems; Charts; *Child Behavior; *Child Rearing; *Children; Discipline; Parent Child Relationship; Parent Materials; *Parenting Skills; Parenting Styles; Positive Reinforcement; Praise; Rewards
IDENTIFIERS	Progress Charts

ABSTRACT

Finding ways to encourage preschoolers and elementary school children to behave well without resorting to scolding, threats, or bribery is a challenge for parents. This book advocates the positive parenting technique of rewards as the key to good behavior and shows parents how to use a variety of child-friendly sticker charts and other tools to help children improve their behavior. Chapters in Part 1 describe the use of reward plans to influence children's behavior, present a 5-step plan for developing and implementing reward plans, and offer suggestions for dealing with difficulties in implementing reward plans. Chapters in Part 2 present sample reward plans that treat seven of the most common challenges parents must help their children face: getting along with others, staying on schedule, overcoming sleep problems, establishing hassle-free hygiene, getting along with siblings, doing chores, and reducing homework blues. Each chapter describes the problem behavior and shows how a parent assembles a reward plan to fit the child's age and personality, talks with the child about the problem, describes the plan's details, explains the chart and reward chosen to use, and describes the plan's outcomes. Each chapter also includes two additional reward plans for similar problems within the behavior category and a list of additional challenges for which a similar plan might work. Part 3 describes how different types of charts are used, including basic progress charts, picture charts for younger children, and imaginative tracking charts for older children. Included in a special pull-out section are the charts and other materials, such as certificates, medals, prize coupons, and contracts. (KB)

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